GO Foods —Eat almost anytime. SLOW Foods —Eat sometimes, at most several times a week. WHOA Foods —Eat only once in a while or for special treats.			
Food Group	GO Almost anytime foods	SLOW Sometimes foods	WHOA Once in a while foods
Nutrient-dense (Calorie-dense	
Vegetables	Almost all fresh, frozen, and canned vegetables without added fat and sauces	All vegetables with added fat and sauces; oven-baked french fries; avocado	Fried potatoes, like french fries or hash browns; other deep-fried vegetables
Fruits	All fresh, frozen, canned (in juice)	100 percent fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
Breads and Cereals	Whole-grain breads, pita bread; tortillas and pasta; brown rice; hot and cold unsweetened whole grain breakfast cereals	White refined flour bread, rice, and pasta. F rench toast; taco shells; cornbread; biscuits; granola; waffles and pancakes	Croissants; muffins; doughnuts; sweet rolls; crackers made with trans fats; sweetened breakfast cereals
Milk and Milk Products	Fat-free or 1 percent reduced-fat milk; fat-free or low-fat yogurt; part skim, reduced fat, and fat-free cheese; low-fat or fat-free cottage cheese	2 percent low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt
Meats, P oultry, Fish, Eggs, beans and Nuts	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes	Lean ground beef, broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat	Untrimmed beef and pork; regular ground beef; fried hamburgers; ribs; bacon; fried chicken, chicken nuggets; hot dogs, lunch meats, pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat
Sweets and Snacks*	Ice milk bars; frozen fruit juice bars; low-fat frozen yogurt and ice-cream; fig bars, ginger snaps, baked chips; low-fat microwave popcorn; pretzels		Cookies and cakes; pies; cheese cake; ice cream; chocolate; candy; chips; buttered microwave popcorn
Fats	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayon- naise; fat-free sour cream,	Low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream	Butter, margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream;

2 percent low-fat milk;

100 percent fruit juice;

sports drinks

*Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be

From Go to Slow to Whoa: The Importance of How To Prepare Food

**Vegetable and olive oils contain no saturated or trans fats and can be consumed daily, but in limited portions to meet daily calorie needs. (See Sample USDA Food Guide and DASH Eating Plan at the

Source: Adapted from CATCH: Coordinated Approach to Child Health, 4th Grade Curriculum, University of

SLOW

Baked potato with 1 tsp

Slice of French toast

Chicken with skin

butter and 1 tsp sour cream

Vegetable oil, olive oil and

1 percent reduced-fat milk;

oil-based salad dressing*

Water, fat-free milk or

diet soda; diet iced teas

limited in order to not exceed one's daily calorie requirements.

Plain baked potato

Skinless chicken breast

Slice of toast

and lemonade

Beverages

Vegetable

Bread

Meat

2,000-Calorie Level handout)

California and Flaghouse, Inc. 2002

cheese sauce: cream

sauce; cream cheese dips Whole milk; regular soda;

sweetened iced teas and

less than 100 percent

fruit juice

WHOA

French fries

Doughnut

Fried chicken

lemonade; fruit drinks with